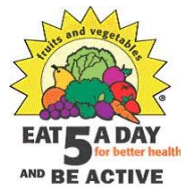


# Costco Healthy Food List



Product	Servings per Package	Serving Size	Calories per Serving	% Total Weight Sugar	% Total Calories from Fat	% Calories from Sat. Fat	Total Price	per Serving
Dole Fruit Bowls	20	1 Bowl	80	15%	0%	0%	\$6.99	\$0.44
Dole Fruit-N-Gel Bowls	20	1 Bowl	80	16%	0%	0%	\$6.99	\$0.35
Motts Applesauce Individual Cups	30	1 Cup	100	21%	0%	0%	\$6.65	\$0.22
Kirland Fruit and Nut Medley	45	¼ Cup	130	43%	42%	0%	\$7.85	\$0.15
Seneca Apple Chips	18	1 Bag	210	40%	47%	6%	\$8.29	\$0.41
Dannon Light & Fit Non-Fat Yogurt	15	6 oz.	90	7.5%	0%	0%	\$5.99	\$0.40
Kirkland Lowfat Yogurt	12	6 oz.	240	19%	7.5%	7.5%	\$5.29	\$0.44
Yoplait Original Variety Pack Yogurt	15	6 oz.	170	16%	8%	5%	\$6.85	\$0.46
Yoplait Go-Gurt	24	1 Tube	70	16%	26%	13%	\$5.49	\$0.23
Dannon D'animals Drinkable Yogurt	16	1 Bottle	90	13%	15%	10%	\$5.75	\$0.36
Full Circle Non-Dairy Vanilla Soy Milk	12	1 Cup	110	5%	29%	4%	\$11.49	\$0.96
TCBY Sorbet Swirl	15	1 Bar	80	23%	6%	6%	\$5.99	\$0.40
Healthy Choice Sorbet & Cream Bars	12	1 Bar	100	18%	9%	5%	\$7.19	\$0.60
Healthy Choice Low Fat Fudge Bars	12	1 Bar	90	5%	15%	10%	\$7.19	\$0.60
Hunts Pudding Snack Pack	24	1 Cup	140	17%	32%	10%	\$4.99	\$0.21
Power Bar Harvest Variety	15	1 Bar	240	28%	15%	2%	\$12.99	\$0.86
Power Bar Variety Pack	24	1 Bar	230	31%	13%	2%	\$19.99	\$0.83
Tiger Milk Protein Bars	48	1Bar	140	40%	32%	6%	\$5.99	\$0.25
Zone Perfect Variety Pack	14	1 Bar	210	24%	30%	6%	\$12.99	\$0.93
Cliff Bar Luna Variety Pack	30	1 Bar	180	25%	23%	15%	\$25.99	\$0.93
Quaker Chewy Granola Bar Multi-Pack	48	1 Bar	120	32%	30%	6%	\$6.99	\$0.15
Quaker Chewy Granola Bar w/Candy Bar Pieces	30	1 Bar	120	30%	19%	8%	\$6.99	\$0.23
General Mills Milk and Cereal Bars	18	1 Bar	160	40%	23%	8%	\$6.79	\$0.38
Nature Valley Crunchy Granola Bars	32	2 Bars	180	26%	30%	3%	\$6.99	\$0.22
Nature Valley Chewy Trail Mix Bars	30	1 Bar	140	34%	25%	3%	\$6.69	\$0.21
Kellogg's Nutri-Grain Twist	30	1 Bar	140	32%	19%	3%	\$6.49	\$0.22
Kellogg's Nutri-Grain Cereal Bars	24	1 Bar	140	35%	19%	3%	\$6.99	\$0.29
Kellogg's Rice Krispy Treats	30	1 Bar	90	36%	20%	5%	\$5.99	\$0.20
Traditional Chex Mix	30	1 Bag	210	6%	17%	4%	\$7.89	\$0.26

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For more information about healthy choices, please call 1-909-387-6320. A message from the Nutrition Program, Department of Public Health, Human Services System, County of San Bernardino and the California Department of Health Services; principal funding provided by the U.S. Department of Agriculture's Food Stamp Program, an equal opportunity provider and employer, helping limited income Californians buy more nutritious foods for a healthier diet. For more information about Food Stamps, please call 1-800-952-5253.

# Costco Healthy Food List

Product	per Package	Size	per Serving	Weight Sugar	Calories from Fat	from Sat. Fat	Price	per Serving
Pepperidge Farm Goldfish	24	1 Bag	200	0%		11%	\$8.49	\$0.35
HoneyMade Graham Crackers	40	8 Crackers	140	26%	19%	3%	\$4.65	\$0.11
Premium Original Saltine Crackers	91	5 Crackers	70	0%	26%	0%	\$3.55	\$0.07
Nabisco Barnum's Animal Crackers	10 Pack	8 Crackers	130	23%	28%	3%	\$5.99	\$0.60
Laguna ABC123 Cookies	61	11 Cookies	120	23%	30%	7.5%	\$4.89	\$0.08
Nabisco Variety Pack	13.5	12 Crackers	145	4.5%	34%	6%	\$6.99	\$0.52
Crunch Master Oven Baked Rice Crackers	30	16 Crackers	120	3%	15%	0%	\$4.99	\$0.17
Corn Nuts Variety Pack	24	1 Pack	220	2%	33%	6%	\$7.89	\$0.33
Kirkland Rice Crackers and Nuts	38	1/3 Cup	160	3%	50%	6%	\$5.39	\$0.14
Kirkland Signature Crunchy Snack	2-30 oz. Bag	¼ Cup	120	3%	23%	4%	\$5.89	\$0.10
Utz's Pretzel Stix	55	5 Stix	110	4%	8%	0%	\$4.99	\$0.09
Laura Scudders Mini Pretzels	64	1 oz.	110	0%	0%	0%	\$2.15	\$0.03
Laura Scudders Peanut Butter Pretzel Nuggets	48	1 oz.	150	3%	48%	3%	\$5.89	\$0.12
Orville Redenbacher's Light Butter Popcorn	10 Bags (50 Servings)	4 Cups Popped	80	0%		5%	\$6.59	\$0.33/Bag
Orville Redenbacher's Original Gourmet Popping Corn	8 lb. Jug (91 Servings)	3 Tbsp.	120	0%	11%	0%	\$6.59	\$0.82
Café Valley Cinna Twist	30	1 Twist	70	29%	32%	6%	\$4.99	\$0.17
Sevan Bakery Thin Vegetable Pizza	12	1 Pizza	180	5%	15%	0%	\$4.99	\$0.42
Golden Crust Three Cheese Garlic Bread Sticks	24	1 Stick	100	3%	14%	9%	\$3.59	\$0.15
Plain Gourmet Bagel	12	1 Bagel	300	3.5%		0%	\$2.59	\$0.22
Cinnamon Raisin Gourmet Bagel	12	1 Bagel	300	10%		0%	\$2.59	\$0.22
The Bagel Brothers Energy Bars	12	1 Bar	216	7%	17%	3%	\$3.39	\$0.11
Pic-A-Bagel Premium Plain Mini Bagels	15	2 Bagels	200	3%	4.5%	0%	\$2.65	\$0.18
Milton's Healthy Mult-Grain Bagels Original	12	1 Bagel	290	10%	3%	0%	\$3.69	\$0.31
Pooka Pooka Maui Kapowee Hawaiiin Sweet Bread Gourmet Bagels	12	1 Bagel	290	13%	25%	6%	\$4.39	\$0.37
Kirkland Roasted & Salted Peanuts	29	3 Tsp.	190	0%		9.5%	\$5.49	\$0.19
Kirkland Pistachios	66	½ Cup w/shells	180	0%		7.5%	\$8.79	\$0.13
Planters Spicy Party Mix w/Peanuts	45	1/3 Cup	160	30%		8.5%	\$6.99	\$0.16
David's Sunflower Seeds	24	1 Bag	160	4%		8.5%	\$6.99	\$0.29

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# Costco Healthy Food List

Product	per Package	Size	per Serving	Weight Sugar	Calories from Fat	from Sat. Fat	Price	per Serving
Pacific Gold Turkey Jerky	8	1 oz.	80	11%		0%	\$5.99	\$0.75
Pacific Gold Beef Jerky Hot & Spicy	8	1 oz.	90	14%		5%	\$5.99	\$0.75
Pacific Gold Teriyaki Beef Jerky	8	1 oz.	80	11%		5%	\$5.99	\$0.75
Pacific Gold Original Beef Jerky	8	1 oz.	80	11%		5%	\$5.99	\$0.75
Super Pretzel	20	1 Pretzel	390	3%		0%	\$5.75	\$0.29
Starkist Tuna Lunch Kit (White tuna packed in water, mayo, relish, crackers & a mint)	5	1 Kit	210	6%	30%	4%	\$7.75	\$1.55
Betty Crocker Bowl Appetit (Pasta Bowl)	6	1 Bowl	360	11%		6%	\$5.99	\$1.00
Kings Hawaii Teriyaki chicken Bowl	6	1 Bowl	450	5%		5%	\$8.69	\$1.45
Don Miguel Lean Ole Burritos Variety Pack	10	1 Burrito	360	1%		2.5%	\$8.49	\$0.85
Gourmet Yakitori Cooked Skewered Chicken	24	3 Skewers	190	14%		9%	\$9.99	\$0.42
El Monterey Grilled Chicken & Cheese Taquitos	12	3 Taquitos	310	0%		8.7%	\$8.99	\$0.75
Lean Pockets Meatball with Mozzarella	12	1 Pocket	300	8%		10.5%	\$9.75	\$0.81
Don Miguel Grilled Chicken/Beef Flautas	8	2 Flautas	250	3%		3.6%	\$6.39	\$0.80
Salsa	48	2 Tsp.	5	1g/serv.	0%	0%	\$4.35	\$0.09
Wampler Foods Turkey Burgers	16	1 Burger	130	0%	21%	7%	\$9.99	\$0.62
Barber Foods Stuffed Chicken Breasts	6	1 Piece	190	2%	24%	7%	\$8.99	\$1.50
Smart Ones Pizza Four Pack	4	1 Pizza	400	4.5%	20%	7%	\$7.79	\$1.95
Stock Pot Seafood Gumbo with Rice	4.5	1 Cup	200	1%	16%	0%	\$7.29	\$1.62
Monterey Pasta Co. Cheese Ravioli	10	1 Cup	240	1%	11%	6%	\$7.99	\$0.80
The Spice Hunter – Stuffed Potato (Mashed)	12	1 Cup	160	2%	17%	6%	\$5.99	\$0.50
Boardwalk Pizza Bagels	24	1 Bagel	210	2%	15%	6%	\$9.89	\$0.41
Kelloggs Eggo homestyle Waffles	60	2 Waffles	190	3%	33%	7%	\$6.69	\$0.23
Morning Star Veggie Breakfast Patties	24	1 Patty	80	<3%	34%	6%	\$8.69	\$0.36
Gorton's Shrimp Bowl	4	1 Bowl	260	2%	21%	5%	\$8.99	\$2.25
Ore Ida Bagel Bites	15	4 Pieces	200	5%	27%	14%	\$9.79	\$0.82
Kirkland Garden Burger	15	1 Patty	200	2%	23%	14%	\$8.89	\$0.59
Boca Burger Original Vegan	16	1 Patty	120	0%	11%	0%	\$10.69	\$0.67
Marie Calenders 2 Minute Meals	4	1 Tray	210	1%	9%	4%	\$6.99	\$1.75
Pierre Flame Broiled Chicken Breast (Fully Cooked Sandwiches)	12	1 Sandwich	280	6%	29%	8%	\$9.79	\$0.82
Lean Cuisine Chicken Variety Pack	4	1 Container	270	3%	17%	10%	\$8.99	\$2.25
Pacific Gold Variety Pack Beef Jerky	12	1 Bag	80	18%	11%	6%	\$8.99	\$0.75

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